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Spice and wellness: Current practice and future prospective

M Madhava Naidu

CSIR-Central Food Technological Research Institute, India

Spices are a group of secretive food adjuncts that have been in use for centuries to enhance the sensory quality of foods. The word 'spice' is synonymous with anything that creates a piquant effect. Although spices have never been considered to contribute anything to human nutrition, this group of food adjuncts has been used in human diets for centuries as flavour modifiers to make food more palatable. India has been the house of many important spices like turmeric, pepper, ginger, garlic, cardamom and chilli. India, with its favorable climatic conditions for growing spices, is the largest producer and consumer of spices. During 2015-16, India targeted to export an estimated 12 lakh tonnes of spices and spice products, which are worth more than US\$ 2500 million. Dehydrated spices with their bioactive constituents have been shown to have good consumer acceptance as well as shelf life and could serve as a valuable food additive to enhance human nutrition. With the increasing interest in the beneficial role of spice nutraceuticals in health, an in-depth study of the bioactive constituents of spices assumes significant prominence. In this focus, Department of Spice & Flavour Science, CSIR-CFTRI conducts basic research on spice chemistry, and also involved in the development of new spice-based products, and spice processing machineries. With this background, the main foci of this presentation is to provide a comprehensive review on the recent research/technologies on spice processing, including value addition and its nutraceutical applications and their relationships with human wellbeing.

Biography

M Madhava Naidu has completed his PhD from Gulbarga University and Post-doctoral studies from Madurai Kamaraj University, and CIRAD, Montpellier, France. He is the Head of the Department of Spice & Flavor Science, a premier constituent laboratory of Council of Scientific and Industrial Research (CSIR), Ministry of Science and Technology, Govt. of India. He has published more than 50 papers in reputed journals and has been serving as an Editorial Board Member of Food Science and Technology, Springer. He has also published reviews, books and book chapters. He has 10 know-how process and 20 patents in his credit.

mmnaidu@cftri.res.in

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